39. The method of claim 38 including the steps of:

receiving a write command to write a block of data in a second of said plurality of zones;

measuring an amplitude of an AGC field in the second of said plurality of zones in response to the write command; and,

comparing the measured amplitude of the AGC field in the second of said plurality of zones to a calibrated value corresponding with the second of the plurality of zones.

40. The method of claim 1, wherein the first of said plurality of zones is a single track and the second of said plurality of zones is a single track.

41. The method of claim 36, wherein said calibrated values corresponding to each zone are an average of the measured amplitudes corresponding to each zone.

42. The method of claim 36, wherein the calibrated values corresponding to each zone are used as initial values for running averages of amplitudes of AGC fields corresponding with each of said plurality of zones.

43. The method of claim 42, wherein the running averages corresponding with each of said plurality of zones are made up of a predetermined number of samples of amplitudes of AGC fields within their corresponding zones.

44. The method of claim 43 including the steps of:

receiving a write command to write a block of data in the first of said plurality of zones;

measuring an amplitude of an AGC field in a first of said plurality of zones in response to the write command; and,

comparing the measured amplitude to the running average corresponding with the first of said plurality of zones.

45. The method of claim 44 including the steps of:

writing the block of data onto the disk surface in a data sector associated with the AGC field in the first of said plurality of zones; and,

determining whether the measured amplitude is within a predetermined tolerance in comparison to the running average corresponding with the first of said plurality of zones.